# Herfstcriterium 2026: Session: 2: COACH evaluation sheet for TEAM: STW

**Coachinfo: Warming up from: untill . Teamleadmeeting @ The listed starttimes are indicative!**

**Coaches: Goossens Nicole HEADCOACH**

**Coaches: Vandermeulen Eric**

**PB => Personal Best time** **SB => Seasons Best time: Season starting point: first of September.**

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## Event number: 7: 200M FREESTYLE WOMEN 13+ Heat:1, starttime: 15:45

**Heat: 1/7 Lane : 6 Athlete: SMET LIM** **Q-time: 02:49:38**

**PB (25m pool): 02:49.38 Durmehal 27/09/2026** **PB (50m pool):** 03:01.49 **SB:** 02:49.38 Durmehal 27/09/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:36.27 | | 01:20.08 | | 02:05.61 | | 02:49.38 |
| | | *00:36.27* | | *00:43.81* | | *00:45.53* | | *00:43.77* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 7: 200M FREESTYLE WOMEN 13+ Heat:1, starttime: 15:45

**Heat: 1/7 Lane : 8 Athlete: VAN DER GUCHT LOTTE** **Q-time: 03:16:03**

**PB (25m pool): 03:16.03 Dendermonde. 22/11/2025** **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:43.60 | | 01:35.39 | | no time | | 03:16.03 |
| | | *00:43.60* | | *00:51.79* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 7: 200M FREESTYLE WOMEN 13+ Heat:6, starttime: 16:00

**Heat: 6/7 Lane : 7 Athlete: PUNZO MICHELLE** **Q-time: 02:25:99**

**PB (25m pool): 02:25.99 Sint-Amandsberg 18/10/2026** **PB (50m pool):** 02:29.91 **SB:** 02:25.99 Sint-Amandsberg 18/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:32.66 | | 01:09.51 | | 01:48.48 | | 02:25.99 |
| | | *00:32.66* | | *00:36.85* | | *00:38.97* | | *00:37.51* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Herfstcriterium 2026: Session: 2: COACH evaluation sheet for TEAM: STW

## Event number: 8: 200M BREASTSTROKE MEN 13+ — Heat:2, starttime: 16:10

**Heat: 2/3 Lane : 7 Athlete: COGEN ALEX** — **Q-time: 03:06:62**

**PB (25m pool): 03:06.62 Sint-Amandsberg 18/10/2026** **PB (50m pool):** 03:20.64 **SB:** 03:06.62 Sint-Amandsberg 18/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:42.91 | | 01:30.78 | | 02:18.33 | | 03:06.62 |
| | | *00:42.91* | | *00:47.87* | | *00:47.55* | | *00:48.29* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 9: 50M BREASTSTROKE WOMEN 13+ — Heat:2, starttime: 16:20

**Heat: 2/4 Lane : 3 Athlete: VAN HUL EMMA** — **Q-time: 00:42:74**

**PB (25m pool): 00:42.74 Sinbad 05/10/2025** **PB (50m pool):** no time **SB:** 00:42.98 Durmehal 27/09/2026

| | 25M | 50M | |
|---|---|---|---|
| PB | | 00:42.74 | |
| | | *00:42.74* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 10: 50M FREESTYLE MEN 13+ — Heat:8, starttime: 16:30

**Heat: 8/8 Lane : 3 Athlete: VAN DE GENDER NILS** — **Q-time: 00:25:97**

**PB (25m pool): 00:25.83 Sint-Amandsberg 27/10/2024** **PB (50m pool):** 00:26.82 **SB:** 00:25.97 EEKLO 04/10/2026

| | 25M | 50M | |
|---|---|---|---|
| PB | | 00:25.83 | |
| | | *00:25.83* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 10: 50M FREESTYLE MEN 13+ — Heat:8, starttime: 16:30

**Heat: 8/8 Lane : 8 Athlete: VANHAVERE DAAN** — **Q-time: 00:26:48**

**PB (25m pool): 00:26.48 Sportoase De Watermolen 21/07/2026** **PB (50m pool):** 00:28.86 **SB:** 00:26.72 Sint-Amandsberg 18/10/2026

| | 25M | 50M | |
|---|---|---|---|
| PB | | 00:26.48 | |
| | | *00:26.48* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# Herfstcriterium 2026: Session: 2: COACH evaluation sheet for TEAM: STW

## Event number: 11: 100M BUTTERFLY WOMEN 13+ — Heat:4, starttime: 16:40

**Heat: 4/4 Lane : 2 Athlete: PUNZO MICHELLE** — **Q-time: 01:17:39**

**PB (25m pool):** 01:17.39 Durmehal 27/09/2026 **PB (50m pool):** 01:18.62 **SB:** 01:17.39 Durmehal 27/09/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:35.96 | | 01:17.39 | |
| | *00:35.96* | | *00:41.43* | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 12: 100M BACKSTROKE MEN 13+ — Heat:1, starttime: 16:40

**Heat: 1/6 Lane : 2 Athlete: VERHAGEN MIEL** — **Q-time: 01:30:89**

**PB (25m pool):** 01:30.89 Zwembad De Treffer 06/04/2026 **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:45.15 | | 01:30.89 | |
| | *00:45.15* | | *00:45.74* | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 12: 100M BACKSTROKE MEN 13+ — Heat:2, starttime: 16:45

**Heat: 2/6 Lane : 8 Athlete: COGEN ALEX** — **Q-time: 01:24:00**

**PB (25m pool):** 01:24.00 Temse 31/05/2026 **PB (50m pool):** 01:33.25 **SB:** 01:24.05 Sint-Amandsberg 18/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:41.33 | | 01:24.00 | |
| | *00:41.33* | | *00:42.67* | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 12: 100M BACKSTROKE MEN 13+ — Heat:3, starttime: 16:45

**Heat: 3/6 Lane : 7 Athlete: MARTENS YWEIN** — **Q-time: 01:19:39**

**PB (25m pool):** 01:19.39 Durmehal 28/02/2026 **PB (50m pool):** 01:20.47 **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:38.30 | | 01:19.39 | |
| | *00:38.30* | | *00:41.09* | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# Herfstcriterium 2026: Session: 2: COACH evaluation sheet for TEAM: STW

**Event number: 12: 100M BACKSTROKE MEN 13+** **Heat:6, starttime: 16:55**

**Heat: 6/6 Lane : 5 Athlete: VAN DE GENDER NILS** **Q-time: 01:05:45**

**PB (25m pool): 01:04.85 TEMSE 24/11/2024** **PB (50m pool):** 01:08.03 **SB:** 01:07.16 EEKLO 04/10/2026

| | 25M | 50M | 75M | 100M | |
|---|---|---|---|---|---|
| PB | | 00:31.89 | | 01:04.85 | |
| | | *00:31.89* | | *00:32.96* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback: